



Site-Wide MOVE Health Challenge!

January 4-31, 2016

It's time to get a MOVE on it! The Site-Wide MOVE Challenge is designed to help you move your body and your mind to better health.

Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of January. Earn points by participating in any of the activities listed.

If you accrue at least **150** points out of 232 possible points, you will be entered into a drawing for an FitBit Flex!!

MOVE Featured Presentations

1. Goal Setting for Success
2. Heart Health
3. Fit Body, Fit Mind (BHS)
4. Creative Exercise
5. Healthy Holiday Tips

Activities	
ONE TIME POINTS	
Schedule an Exercise Planning or Health Coaching appointment	25 points each (50 points possible)
Attend WorkFit Train-the-Trainer	10 points
Attend or schedule a MOVE featured presentation (see options listed in the blue box)	10 points
Read a MOVE article posted on our website under News & Information www.hanford.gov/health	10 points each (50 points possible)
DAILY POINTS	
For every 15 minutes of cardiovascular exercise, earn 1 point	1 point
For every bout of strength training, earn 1 point	1 point
For every session of mindful meditation, earn 1 point	1 point
For every day you drink 64 ounces of water, earn 1 point	1 point
Total possible points	232 points

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Occupational Health & Wellness | 376-3939 | omchew@rl.gov





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Log into the [WellSuite Health Activity Tracker](#) or use the calendar below to track your healthy habits throughout the month of January!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Total points: _____

Return hard copies to Health & Wellness at G3-70 by February 9, 2016 to be entered into the prize drawing!

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